

"Bodyweight Core Complex"

Objective: Try to complete 10 rounds of this circuit in under 10 minutes.

Exercise	Repetitions	Technique
Start: Standing Position		
A1: Pushup	1	Angle at armpits 45 degrees or less. At bottom chest touches ground or humerus parallel to floor. Arms locked out for 1 one thousand at top. Do not dip at the hips and keep feet together.
A2: Mountain Climbers	10	Keep torso parallel to floor (if your shirt rides up your torso is not parallel). Foot coming forward touches ground directly below hip.
A3: Prone Plank Hold	10 Seconds	Head neutral, glutes and quads tightened. Sink into your shoulder blades. Do not allow hips to sink.
A4: Prone Plank Crunch	3-5	From prone plank position, bring chest forward and down until touches hands. Return to start.
A5: Rotational Plank Crunch	2-4/side	Forearms parallel to each other in prone plank position. Rotate, bringing elbow into the air and torso facing side.
A6: Prone Plank Crunch	3-5	From prone plank position, bring chest forward and down until touches hands. Return to start.
A7: Prone Plank Hold	10s	Head neutral, glutes and quads tightened. Sink into your shoulder blades. Do not allow hips to sink.
A8: Mountain Climbers	10	Keep torso parallel to floor (if your shirt rides up your torso is not parallel). Foot coming forward touches ground directly below hip.
A9: Pushup	1	Angle at armpits 45 degrees or less. At bottom chest touches ground or humerus parallel to floor. Arms locked out for 1 one thousand at top. Do not dip at the hips and keep feet together.
A10: Jump to feet and grab pull-up bar	1	Self explanatory
A11: Pull-up	2-3	Dead hang with arms extended. Begin pull by pinching shoulder blades. Pull chin above bar and return to start with 1 second pause at full extension. NO KIP UPS!!!
A12: Hanging Knee Raise	3-5	From full extension hand position, point toes toward each other and heels apart. Without swinging, pull knees to hip height or above. Slowly lower back to start.